



**75 WAYS TO
TURBO
CHARGE
YOUR
LEADERSHIP
AND LIFE**

Ravi Arora

75 Ways to Turbo Charge Your Leadership and Life

This pamphlet offers a sneak peek into the world of Leadiology, a revolutionary leadership program with the power to help you energise your LEADERSHIP and LIFE.

Leadiology Services

- Keynote Speaking
- Full Day and Half Day Seminars
- Powerful 1-2-1 Leadiology Sessions
- In House or Offsite Workshops

Leadiology will help you:

- Enjoy greater health and vitality
 - Achieve your personal and professional goals
 - Work at optimum levels of productivity
 - Manage and lead more confidently
 - Better understand your strengths and limitations – and use them to your advantage
 - Reduce stress and stress-related health issues
- Maintain higher levels of profitability

For more information and contact details go to the back page.

OPTIMISING LEADERSHIP ENERGY

“A leader has the vision and conviction that a dream can be achieved. He inspires the power and energy to get it done.”

RALPH LAUREN

Your energy is constantly being drained to deal with business aims, staff turnover, absenteeism, and productivity issues. At the same time you are dealing with these objectives, you are expected to inspire and motivate the staff working for you.

How can you stop being drained by your responsibilities?

By becoming turbo charged. Leadership becomes turbo charged when the physical, biochemical, and emotional energies of an individual are optimised. When all three levels are maximized, the body produces a high state of energy, well being, and confidence.

Low energy leadership creates low energy teams and low productivity.

About Leadiology

Leadiology is new. Leadiology is revolutionary. So what is it?

Leadiology is an innovative way to increase energy and influence leadership performance within individuals. The origins of leadiology are reflected in the word. Leadiology is a compound of two words: leadership and kinesiology. My experiences in these two areas influenced me to

create the science of leadiology. Most people are familiar with the concept of leadership, but not kinesiology.

Kinesiology is not a new science. Ancient Indian, Chinese, and Tibetan cultures used kinesiology as a means to measure the human energy system. Today, we use kinesiology to optimise personal strength and power.

Kinesiology uses the three keys of alignment:

The Three Keys of Alignment

**Physiological –
Biochemical and
Nutritional**

**Psychological –
Mental and Emotional**

**Anatomical –
Structural and
Physical**

The three keys of alignment must be balanced in order for an individual to achieve their optimum level of performance. You will rarely find a human who has achieved this state of balance; in fact, you probably exist in an imbalanced state today. Your body compensates

for this imbalance to allow you to live reasonably comfortably in this challenging world.

Learn to find the ideal state of balance and power and ensure your energy is kept high by using the suggestions in this booklet. Imagine the heights you can lead your team to when your energy is turbo charged and your mind and body harmonized!

Start Your Journey Today

Creating a vision requires clarity, energy and focus. The following tips will show you how to balance your physical, emotional, and biochemical health.

Be open to all your senses to create a vision. The more balanced you are, the more focused you will be. This will enable you to set and achieve goals that will create the future you so desire.

As a leader you must be able to adapt and change, and take advantage of emerging opportunities. Knowing when to change to a faster lane is all part of the learning process.

Everyone is replaceable. Optimise your energy as quickly as you can. The stronger you are the better you will be able to cope with the changing business environments.

OPTIMISING PHYSICAL ENERGY

“Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.”

OPRAH WINFREY

P**HYSICAL ENERGY:** Determined by the energy in your muscles, internal organs and skeletal structure.

CAUTION: If you have been living a sedentary lifestyle, please consult your doctor before you begin any new fitness routine.

1. Sleep at least 7½ hours a day to ensure your body has had enough chance to repair itself during bedtime.
2. Wake up in the morning and place the palm of your left hand over your belly button and with your free hand rub firmly into the soft tissue underneath your collarbone. Start from the corner of your shoulder and work your way towards the middle then change hands and repeat on the other side. This wakes up your body and helps remove toxins and debris from your lymphatic system.
3. Repeat the above routine just after lunch.
4. Warm up by moving on the spot for 5 minutes before you begin any exercise.
5. Stretch after warming up very gently for 5 minutes without straining any muscles. Take advice from trainers and experts who can show you how to stretch properly.
6. Do 10 press-ups and sit-ups every other morning. Gradually increase to 50 repetitions three times a week.
7. Do aerobic exercise - 20 minutes every other day and up to 45 minutes on your

days off if you're fit enough. Choose what you enjoy best - brisk walking, running, cycling, swimming, or a fitness class. You don't have to belong to a gym to exercise your heart! A brisk walk will do wonders for your body.

8. Aerobic exercise helps with the drainage of toxins from the lymphatic system. Saunas and massages have a similar effect - how relaxing!
9. Take a break from your exercise routine 2 or 3 days each week to avoid over exercising and damaging your body. Over exercising can lead to oxidative stress, which involves unstable oxygen molecules and the release of free radicals, damaging your body's cells.

OPTIMISING EMOTIONAL ENERGY

“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

EDDIE ROBINSON

E**MOTIONAL ENERGY:** Determined by what you think, feel, and do.

10. **Emotional Stress Relief (ESR):** In times of stress find a safe place to sit or lie down. With a very light touch, place the fingertips of both hands just above your eyebrows on the bumps of the forehead and think/visualise about the issue you

have. This light touch has a harmonising effect on the energy of the forebrain and is the place where new solutions can be found, and decisions made without the influence of your emotions. The ESR session ends once the image of the issue has dissipated. This can be more effective if a trusted partner sits or stands behind you and places their fingertips on the spots previously described.

11. ESR can help reduce the stress and anxiety you may have about your leadership role and will enable you to find new solutions to nagging problems that you may have with your bosses, peers, or subordinates.
12. Know thyself, a leader has fears and insecurities - just like everyone else. The difference is that a good leader is able to recognise their strengths and weaknesses. Use ESR to reduce your fears and phobias and allow your subconscious to create an answer.
13. Work on your strengths not your weaknesses, visualise while doing ESR what you will achieve using your strengths. Your image will become hard to hold, this is normal as it works into your subconscious. Write down all the strengths you have visualised and how you are going to use them. Afterwards you will feel calmer and more refreshed.

14. Stick this list of strengths and their use in a place where you can look at them every day. This will remind you how to use them in your daily life.
15. Learn to delegate tasks. You don't have to do everything yourself.
16. When you start to think about setting goals, remember:
 - Be in a balanced state
 - Listen to your body, not your ego
 - Know yourself; know your strengths
 - Think about your ultimate mission
 - Send positive messages to your mind
17. Meditation, yoga, and gentle martial arts like Tai chi help to relax our body's systems and reduce the impact of stress.

OPTIMISING BIOCHEMICAL ENERGY

“And what is a man without energy? Nothing - nothing at all.”

MARK TWAIN

BIOCHEMICAL ENERGY: Determined by what types of food, drink, and other substances you use to fuel or repair your body.

18. Drink a glass of water at bedtime to help flush toxins your body of toxins during the night.

19. Drink a glass of water in the morning to stimulate your metabolism and flush out any toxins produced during the night's rest and repair stage.
20. Eat a nourishing breakfast every morning. Try to avoid sugary cereals, syrups, jams, and sugary carbs. Instead, increase your protein content. Eat eggs, soya, chicken or turkey breast slices, lean bacon or any other protein alternative.
21. Vitamin C is rapidly depleted in times of stress. Oranges, passion fruit, kiwi fruit, grapefruit, papaya, mango, and guava are packed with Vitamin C.
22. If you have fruit in the morning, eat the fruit before your main protein breakfast to avoid the build up of gas afterwards.
23. If you want to exercise first thing in the morning, eat a banana at least 20 minutes before you begin.
24. Have something to eat 2 hours before a hard session in the gym, so your body will be able to break down necessary nutrients for muscle building.
25. Eat a mixture of proteins and carbohydrates 30 minutes after any hard training to replace lost energy stores and to repair torn muscles.
26. Cut down on refined white flour products like bread, pasta, pizza, and rice.

27. Eat more complex carbohydrates such as lentils, beans, chickpeas, nuts, brown rice, wholemeal pasta, wholemeal cereals, bread, flour, and yams.
28. Eat 1 to 2 portions of fruit (and/or a hand full of nuts as (long as you're are not sensitive or allergic to them) in between meals.
29. Avoid refined carbohydrates like pure sugars and sweets.
30. Eat essential fats such as Omega 3, 6 and 9 every day.
31. Good sources of Omega 3 family: sardines, wild salmon, mackerel, herring, anchovies, marine algae, flax (linseed) seed, hemp seed, pumpkin seed, walnut, and tofu.
32. Good sources of Omega 6 family: corn, safflower, sunflower, sesame, pumpkin and hemp seeds, evening primrose oil, borage oil, blackcurrant seed oil, and avocado.
33. Good sources of Omega 9 family: unrefined extra virgin olive oil, almond, walnut, hazelnut, macadamia, cashew, pistachio, and brazil nuts.
34. Add olive oil to your salads.
35. Do not cook with olive oil. The oil becomes oxidized and loses its nutrient value.

36. Cook with a little bit of water to avoid damaging the nutrients in the food. You may also use butter, coconut oil or palm oil sparingly, because they are more stable at higher temperatures.
37. Avoid bad fats – partially hydrogenated oils and saturated fats. These fats are linked to inflammatory diseases such as diabetes and heart disease - especially amongst ethnic and Asian communities.
38. Avoid fast food and margarines because of their high hydrogenated fat content. These reduce the body's ability to prevent inflammation. They also affect fat metabolism and lead to imbalanced hormones.
39. Buy organic food whenever possible due to the toxins that build up in regular foods.
40. Organic food can be expensive. The build up of toxins is especially strong in carrots, potatoes, lettuce, apples, grapes, oranges, and strawberries.
41. Eat more cruciferous foods like broccoli, brussels sprouts, cabbage, cauliflower, spinach, and kale. They are full of good nutrients and are powerful cancer-fighting agents.
42. Eat more Beta-carotene fruit and vegetables : melon, mango, peach, sweet potato, tomato, carrots, or pumpkin. These are good antioxidants.

43. Calcium and Magnesium are important partners in the body's overall function. Calcium is used in contracting muscles and magnesium relaxes the muscle.
44. Eat green leafy vegetables, swede and tofu for calcium.
45. Eat green leafy vegetables, bananas, prunes almonds and cashews for magnesium.
46. If you are vegetarian, green leafy vegetables and marmite provide a source of B12.
47. Quit smoking. In the long run it will shorten and reduce the quality of your life.

HOW TO AVOID THE 3 P.M. CRASH

"The energy of the mind is the essence of life."

ARISTOTLE

48. Avoid alcohol. Alcohol will make you aggressive, passive, or sluggish.
49. Avoid large quantities of simple carbohydrates at lunchtime to avoid increasing your blood sugar. This spike in sugar is responsible for the sharp energy high and subsequent dip after 3 p.m.

50. For lunch try lean cut meats or a vegetable protein source with a salad. You may have a small amount of carbohydrates at lunchtime to help reduce the amount of sugar entering your blood stream. This maintains your energy levels - keeping you sharp and alert to handle any stressful situations.
51. At teatime, avoid simple carbohydrates such as sugar, biscuits, pastries, cakes, processed cereals, pizza, sweets, chocolates, and soft drinks.
52. Reduce your caffeine intake. Some caffeine can be beneficial, but too much can disturb the sugar balance. This is more likely if you are also eating a simple carbohydrate like a cake with your coffee.
53. If you need a quick energy boost before an afternoon meeting, roll your ears back and forth toward the side of the head. At the same time, massage them very firmly for 90 seconds. This will give your body a kick and increase your alertness.
54. Increase the amount of fluid intake. Water is best but increasing the volume of fruit in your diet also contributes towards your fluids.
55. Fruit and fruit juices contain high levels of sugar that can damage your teeth. Rinse your mouth with water after eating.

IMPROVING YOUR DIGESTION

“The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.”

ANTHONY ROBBINS

56. Eat in a relaxed environment. This encourages the blood to move more freely toward the digestive system and helps the body break down food. Stress takes blood away from the digestion system.
57. Chew your food thoroughly. This breaks down your food into smaller pieces and helps the digestive system.
58. Digestive juices aid in breaking down the food. Eating food in a hurry or gobbling large chunks doesn't allow the stomach to recognise that food is arriving into the digestive system. If you can smell the food you are going to eat the more time your stomach will have to get the digestive juices going. Don't grab and go, smell and go!
59. Avoid drinking water at meal times and for an hour afterward. Water reduces the action of digestive fluids.
60. Eat little but often. This stabilises your blood sugar balance and reduces the frequency of energy dips during the day.

61. Avoid fizzy drinks and diet drinks. They disrupt fluid balance in the body. You end up feeling thirstier after drinking them.

CHARACTERISTICS OF A LEADER

“Good leaders make people feel that they’re at the very heart of things, not at the periphery. Everyone feels that he or she makes a difference to the success of the organization. When that happens people feel centered and that gives their work meaning”.

WARREN BENNIS

A good leader is....

62. **COMPETENT:** Leaders need to be seen as competent and knowledgeable about their position. Get someone else to focus on what you can’t do well.
63. **FOCUSED ON BODY LANGUAGE:** Addressing your energy needs will improve your overall image and your posture. Someone who looks tall and erect is more likely to get attention than someone who is constantly hunched over.
64. **CONFIDENT :** Energy affects your confidence. By increasing your energy level you will find that you feel less anxious and more confident about yourself.

65. **MOTIVATED:** You must be motivated to lead and accomplish your goals. To maximise your motivation, become as physically and emotionally fit as possible.
66. **INSPIRING:** To inspire others you must first find the fire burning within yourself. Think about what you want to achieve and how that goal makes you feel mentally and emotionally. You will be better able to inspire others if you become fired up yourself first.
67. **OPTIMISTIC:** A leader needs to be optimistic and demonstrate confidence about the future. Physical and mental fitness is required for a positive attitude.
68. **HOPEFUL:** Leaders must always have hope in all that they do in order to live a life of success and achieve their goals.
69. **INFLUENTIAL:** Leadership is all about influence. Your level of influence over others will often be determined by your position, but you can also influence by demonstrating strong character traits and setting a positive example.
70. **ALIGNED:** A leader's thoughts, actions, and intentions are consistent. Ask yourself, what do you really represent? Do you agree that you find it difficult to answer this question honestly? Are you aligned with your values and beliefs?

71. **CREATIVE:** Leaders need to be inventive and able to come up with new ways of doing things. You might even discover a more productive way to run your business along the way.

72. **IN LOVE WITH THEIR WORK:** Leaders love their job. Get infected with the love bug and infect the people in your life. People will follow you.

73. **READY TO ACT:** A leader will not hesitate to take action after analysing the right thing to do. Ensure you are physically, emotionally, and biochemically ready for the change you are going to make in your own and other people's lives.

74. **A SOLID COMMUNICATOR:** An emotionally and mentally prepared leader understands the need to seek council. You should not be so proud as to ignore other's feedback. Their comments and criticism may well save you one day.

75. **COURAGEOUS:** Leaders need courage to make the changes so desperately needed in this world. This energy program requires courage and perseverance. You will not get instant results, but over time you will see a change within yourself and in the way other people perceive you.

Ravi Arora BA (Hon), MBA

Turning Your Energy Into Profits

Ravi Arora is an expert in energy conversion - showing businesses and professionals how to maximise their profits by building and converting natural energy into inspired and confident leadership.

If you would like further information on Ravi's tips...

If you would like Ravi to speak at your next conference or networking event...

If you would like Ravi to work with your company to provide Leadiology seminars, workshops and powerful 1-2-1's...

If you would like to customise this booklet with personalised branding...

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If you liked what you read, why not pre-order Ravi's book using the form on the back page. Learn more about Leadiology and how to increase your energy even further. Can you afford not to?

10 Tips To Promote Your Business Using This Booklet

1. Send this to your clients as a thank you for their business this year.
2. Use the booklet to promote your company or personal profile.
3. Give this booklet to prospective customers at trade shows and exhibitions.
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9. Use this book as a method of getting referral business from other people and organisations.
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About the Author

Ravi Arora is the creator of Leadiology – The Science of Leadership. A powerful presenter combining style with substance he will leave you challenged, inspired and motivated. His stories will make you think about the obvious while giving you an alternative view of leadership. His presentations are sharp and energetic and produce positive lasting change.

Ravi Arora's background includes senior held positions at Sony and TDK with responsibilities for strategy and project management. A Business Studies Graduate, MBA and professional Kinesiologist, he is well positioned to speak on Leadiology - The Science of Leadership.

The tremendous benefits Ravi can bring your organisation are:

- Strengthened Leadership
- Increased Sales
- Increased Energy
- Increased Well Being

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